



Woodworks

Woodworks, Fort Leonard Wood's monthly, community information meeting, is scheduled for 10 a.m., Wednesday at the Stonegate Community Center. This month's meeting focus is scheduled to be the Army Community Service, Army Family Team Building Program. Participants will be able to register for classes, learn more about the program and meet some instructors. For more information, call 563.5788.



Brain Gain

Students in grades 1-8 will receive \$1 off admission to Wallace Pool when they read two books from the library (maximum two per week).

For more information, call the Davidson Fitness Center at 596.4359.



Job fair

An Army Career and Alumni Program Mini Job Fair is scheduled from 9:30 a.m. to 2 p.m., July 31 at the National Guard Armory. More than 30 employers hiring for jobs nationwide and internationally will be available.

For more information, call 596.0175 or e-mail acap.leonardwood@serco-na.com.

Brick purchase

The Waynesville-St. Robert Chamber of Commerce's last day to purchase bricks for a veteran's memorial to be placed in the upcoming Fort Leonard Wood Veteran's Cemetery is Wednesday. Bricks are \$50 and include your choice of inscription.

For more information, call 336.5121.

Community news

If you have a community news submission for the GUIDON, or need more information concerning guidelines for community news, e-mail the community desk at guidoncommunity@myguidon.com. You can also call 563.4014.

For more local events, see "What's Up" on Page B3 and "Calendar" on Page B4.

myguidon.com



Community

Thursday, July 24, 2008

GUIDON

Section B Page 1



Donna Wildman, escorts her therapy dog, Pepper, through the children's room of the Bruce C. Clarke Library to greet Donna Sparling, back; Pheobe, 2, and Mia, 4, Sperry during story time, Tuesday.

Reading with the dogs

Canines encourage literacy at library

Story and photos by Derek Gean
Community editor

The Bruce C. Clarke Library has gone to the dogs — or it may have seemed that way if you visited Tuesday or Wednesday.

Kelly Howley, from Therapy Dogs Incorporated, and her black lab, Lela, along with Donna Wildman and her black Pomeranian, Pepper, visited during the weekly children's story times to help promote reading.

On Tuesday, it wasn't certain who was more excited about the visit — Lela and Pepper or the children. As soon as the dogs entered the room there was an obvious attraction between the children and

the canines.

Howley, who also read a story to the children about dogs, hopes the dogs will help spark the children's interest in reading.

"We hope we can use the dogs to inspire the kids to read," Howley said. "It is like a novelty to have dogs walk into a library."

Both Howley and Wildman's dogs are certified through the American Red Cross as therapy dogs. The dogs are used to visit patients in

local hospitals, and they are often taken to the local schools.

Howley said that often times, children who struggle with reading are more apt to spend time reading to a dog than a person so during the school year they had been visiting the schools every other week.

Aside from inspiring the children to pick up a book, Howley also hoped to give the children a chance

See **DOGS**, Page B5



Children are amazed by Pepper before story time, Tuesday.



Photo by Carl Norman

Improving his skills

Jonathan Gerspach, a 9-year-old from Waynesville, navigates his way through the Figure 8 portion of the Bike Rodeo and Car Seat Safety Check held July 19 at General Leonard Wood Army Community Hospital. Tony Derendinger, GLWACH preventive medicine division, keeps a watchful eye. Gerspach was one of 21 children, 5-12 years old, to saddle up for this year's event which featured bike mechanics, a helmet check, obstacle course and safety talk to help youngsters learn the rules of the road and encourage more exercise and better overall health. In addition to the two-wheeled events, certified car seat safety technicians installed and checked nine car seats. GLWACH officials are planning the Bike Rodeo and Car Seat Safety Check as an annual event, setting their sights to saddle up again in the March-April 2009 timeframe.



Family members take part in Army Family Team Building training.

Courtesy photo

July Woodworks focus: Army Family Team Building

By Derek Gean
Community editor

Imagine being the new spouse of a Soldier and being suddenly immersed in military life — it would probably be overwhelming to say the least.

It's that initial shock and stress that the Army Community Service's Army Family Team Building Program is designed to alleviate.

"Army Family Team Building is training for a way of life that prepares everyone in America's Army to function at the highest level," said Debbie Griffin, program manager.

"In simple terms, AFTB is a tool to help Soldier's and Army families prepare for the future," she said. "Being prepared is key to the Army way of life."

AFTB is a volunteer-led

organization designed to provide training and knowledge to spouses and family members to support the total Army effort. The program exists to train in Army knowledge, skills and behaviors.

AFTB is split into three levels. Level I is designed to enhance the basic knowledge of Army life. Students learn about military terms, acronyms, chain of command, military and civilian resources and more. The Level II classes are targeted toward emerging leaders in the community, and Level III is designed to enhance the skills of those who assume mentoring and leadership roles.

Griffin is not only the program manager, but she is also an alumni

See **TEAM**, Page B5

CHAPLAIN'S CORNER

The patch

By Chap. Candidate
(2nd Lt.) Robert Olson
Special to GUIDON

Hebrews 2:18 says, "For since he himself was tested and has suffered, he is able to help those who are tested."

I admit I am new to the Army. As a new Soldier, I am quickly realizing the sense of pride that comes with the presence of a combat patch on one's uniform.

With every patch, there are stories of bravery, camaraderie, friendship and even loss.

While those without a patch can still be good Soldiers, they never fully understand the experiences of those who wear one. Like that combat-tested Soldier, the Lord lived on the earth where he faced the daily challenges and temptations of life, which can turn each day into a struggle.

While he lived in a different time, he experienced the same types of trials and temptations of today and as Hebrews 4:15 teaches in the midst of all he faced, he did not fall.

In our analogy above, Jesus wears "the combat patch" of having lived on earth. He shared in the every-

day struggles we face. He experienced all that we experience, with one important difference — without fault.

While most would be overwhelmed comparing their responses to Christ's perfect example, it is possible to find encouragement from it.

In the midst of our struggle with trials and temptations, Jesus, the Lord and our advocate, calls us to him and asks us to give him control over whatever our struggles may be.

In the gospel of Matthew 11:28, he says, "Come to me, all you who are weary and burdened, and I will give you rest."

The one who experienced everything, without fault, calls us to come to him for rest. While no individual person may fully understand the challenges you face, the Lord not only experienced them and overcame them; He also gives each of us the opportunity to overcome our own struggles.

Knowing who he is, we can find rest. Whatever the issues, trials or temptations you struggle with today, I would encourage you to take them to the Lord.

(Editor's note: Olson is with the 3rd Chemical Brigade.)



Sunday Catholic Worship
Sunday: Soldier Memorial Chapel
9 a.m.: Community.
Sunday: Baker Theater
1 p.m.: Catholic IET.
2:45 p.m.: Catholic IET.
Monday through Friday:
Hospital Chapel
11:35 a.m.: Community.
Saturday: Specker Chapel
6 p.m., Hispanic Mass

Sunday Protestant Worship
Sunday:
Soldier Memorial Chapel:
11:15 a.m.: Collective Protestant.
Grant Hall Auditorium:
9 a.m.: Collective Protestant (43rd AG Battalion).
Museum Chapel:
8:30 a.m.: Protestant Service
Central Iowa Chapel:
10:30- 11:45 a.m.
Contemporary Collective Protestant Service.
Baker Theater:
10 a.m.: Protestant Service
North Iowa Chapel:
8:30 a.m.: Lutheran Service
Specker Barracks Chapel:
9:30 a.m.: Reformed Episcopal service.
11:15 a.m.: Protestant Service
Abrams Theater:
8:45 am. Protestant Service
10:15 a.m.: Gospel Protestant.
Lieber Heights Chapel:
8 a.m.: Church of Christ

Sunday Schools
Sunday:
Pershing School, Bldg. 6501, Indiana Avenue:
Protestant Sunday School
9:30 a.m (Sept. through May): Ages 2 - adult. Fellowship follows.
Catholic School of Religion
11 a.m. (Sept. through May, Ages 2 and up.

Bible Studies
Sunday:
9 a.m.: Gospel Bible Study, South Iowa Chapel.
9:15 a.m.: Protestant Education, Central Iowa Chapel.
9:45 a.m.: Lutheran Bible Study, North Iowa Annex.
8:30 a.m.: Protestant Sunday School, 3rd Chemical Brigade, Baker Theater.
Protestant IET Bible Study
9:30 a.m.: 3rd Chemical Brigade, Central Iowa Chapel.
10 a.m.: 1st Brigade Protestant Bible Study, South Iowa Chapel.
Monday:
7 p.m.: OCF Bible Study (off post) 105 La Salle Drive, Waynesville.
Tuesday:
9 a.m.: Protestant Women of the Chapel, Building 590.
7 p.m.: OCF Bible Study (on post) 1 Kirby Street.

Jewish Worship
Central Iowa Chapel:
Friday:
7 p.m.: Jewish Service.
Sunday:
9 a.m.: Jewish Tanakh Study.

Buddhist Worship
North Iowa Chapel
Sunday: 10 a.m. worship.

Muslim Worship
Friday:
1 p.m.: Muslim, Jumuah, International Students, Pershing Elementary School, Room 21, Bldg. 6501, Indiana Avenue.
Sunday:
8 a.m.: Muslim, South Iowa Chapel annex.

Seventh Day Adventist
Saturday:
2:30 p.m.: Worship off post at
Waynesville Church, call 774.2075; New Soldiers need pass from commander. (Pickup at North Iowa Chapel).

Latter Day Saints
Sunday:
10 a.m.: Lieber Heights Chapel.

Additional Worship/Studies

Monday:
9 a.m.: Military Council of Catholic Women, Building 590.
Tuesday:
9 a.m.: Protestant Women of the Chapel Bible Study, Pershing School, Bldg. 6501, Indiana Avenue..
7 p.m.: Catholic Adoration, Soldier Memorial Chapel..
Wednesday:
11:30 a.m.: Lunch and Devotion, South Iowa Chapel annex.
7 p.m.: Catholic Eucharistic Adoration, Soldier Memorial Chapel.
7 p.m., Grades 9-12: Protestant Youth of the Chapel, Pershing School, Bldg. 6501, Indiana Avenue.
Thursday:
6:30 a.m.: MANSCEN Prayer Breakfast, Lincoln Hall, Room 1666.
5-6 p.m.: Grades 6-8, Protestant Youth of the Chapel, Pershing School, Bldg. 6501, Indiana Avenue.
Friday:
8 a.m.: Protestant Men of the Chapel, Building 590 (3rd Friday).



ASSEMBLY OF GOD
WHOLE LIFE CHRISTIAN CENTER
www.wholelifecenter.com
Pastor: Rev. Tony B. Ashworth
919 Hwy. Z (Outer Road), St. Robert
Ph. 573-336-8777
Sunday
Sunday Worship.....10:30 a.m.
LIFE Youth & Adult Bible Study.....6:00 p.m.
Wednesday
Intercessory Prayer & Children's Activities.....6:30 p.m.
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MARANATHA BAPTIST CHURCH
A Soul Winning Church
200 Acorn Dr. • St. Robert, MO 65584
Phone 573-336-5972
Keith Carnahan - Pastor
Sunday School.....10:00 am
Morning Worship.....11:00 am
Sunday Afternoon Worship.....2:00 pm
Wednesday Prayer Service.....6:30 pm
Maranatha Baptist Academy K4 thru 12
200 Acorn Dr., St. Robert, MO


WESTSIDE BAPTIST CHURCH
801 Historic Rt. 66 W., Waynesville, MO 65583
Church Phone 573-774-6431 •
www.westsidewaynesville.com
E-mail: ministry@westsidewaynesville.com
Pastor: Rev. John Shaw
Sunday Schedule:
Traditional Service.....9:45 am
Contemporary Services.....9:45 & 11:00 a.m.
Bible Study.....9:45 & 11:00 a.m.
Preschool & Children's Choirs.....5:00 pm
Evening Worship Service.....6:00 pm
Wednesday Schedule:
AWANA(Sept.-May only).....6:00 pm
Youth.....6:00 pm Evening Service.....7:00 pm
Nursery Provided for all services
Hispanic Ministry ~ Ministerio Hispano
Estudios Biblicos
9:45 AM Domingos ~ 6:00 PM Miercoles

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Morning Worship.....11:00 am
Sunday School.....10:00 am
Church Training.....5:00 pm
Evening Worship.....6:00 pm
Wednesday Night Prayer Meeting.....7:00 pm
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Pastor Bill Davis

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202 N. Benton Street, Waynesville, MO 65583
573-774-2352
Pastor: Dr. Dennis Crowder
Sunday Schedule
Sunday School.....9:45 am
Morning Worship.....11:00 am
Bible Study, Discipleship Training.....5:00 pm
Evening Worship.....6:00 pm
Wednesday Schedule
Choir Rehearsal.....6:30 pm
Prayer Meeting, Bible Study.....7:00 pm
Nursery Provided For All Services

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929 Springfield Road, Lebanon, MO 65536
TBC@TheChurchFamilyforYourFamily.com
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Sunday Morning.....11:00 am
Sunday Evening.....5:45 pm
Wednesday Evening.....7:15 pm
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Pastor, Dr. Larry Atkins 573-774-5329
I-44 Exit 153 on South Hwy. 17



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Dixon Congregation
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Sunday Morning Worship.....10:30 am
Sunday Evening Classes.....6:30 pm
Wednesday Evening.....7:00 pm
PO Box 569 Dixon, MO 65459 • Phone 573-759-2236
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CHURCH OF CHRIST
Waynesville Congregation
1114 Historic Rt. 66 W, Waynesville, MO 65583
www.wynscofc.com
Phone: 573-774-5205
Sunday School.....9:30 am
Sunday Worship.....10:30 am
Sunday Evening Worship.....6:00 pm
Wednesday Evening.....7:00 am
Soldier Service on Post (Bldg. 8370, FLW).....8:00 am
Free Home Bible Correspondence Courses

CHRISTIAN CHURCH
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Sharing a Trustworthy Hope in a Troubled World
Hwy. H & 1-44 Business Loop, Waynesville, Mo.
Phone 573-774-2181 • Minister: Doug Cage
Sunday School.....10:00 am
Worship Service.....11:00 am
Sunday Evening Bible Study.....6:00 pm
Ask about our home bible study!
If you need a ride, call Sunday before 9:00 AM

SPANISH CHRISTIAN LIGHTHOUSE
Mision El Faro • We are Bilingual
194 Old Rt. 66 • Waynesville, MO.
Phone 573-774-5557 • Pastor: Benito V. Perez
Wednesday Service.....7:00 pm
Sunday School.....10:15 am
Sunday Service.....11:00 am
Sunday Evening Service.....6:00 pm
(only on the last Sunday of each month)
We Speak Spanish & English

CHRIST'S MISSION CHURCH
22535 Hwy. Y, St. Robert, MO 65584
(573) 336-2726
Email: christchurch@webound.com
Website: www.christmissionchurch.com
Sunday Worship: 8:30 a.m. & 11:00 a.m.
Fellowship: 9:45 a.m.
Sunday School: 10:15 a.m.
Call for Bible study times.


EPISCOPAL
CHRIST EPISCOPAL CHURCH
1000 Main Street Rolla, MO 65401
Phone: 573-364-1499
www.fidnet.com/~christch
christch@fidnet.com
Holy Eucharist.....8:00 and 10:00
Sunday School.....9:00
Adult Forum.....9:15

LUTHERAN
FAITH EVANGELICAL LUTHERAN CHURCH
(Missouri Synod)
Pastor: Rev. Richard M. Anderegg
981 Highway Z • St. Robert, MO 65584 • 573-336-4464
Sunday School.....9:15 am
Sunday Worship.....10:30 am
Tuesday Bible Study.....1:00 pm
Ladies Aid (1st Thursday).....1:00 pm
3rd Thurs. Project day.....10:30 am
3rd Thurs. Birthday Lunch.....1:00 pm

METHODIST
WAYNESVILLE UNITED METHODIST CHURCH
Hwy T (1 block off of Hwy 17)
573-774-2299 • www.thewaynesvilleumc.org
Pastor Rev. Londia Granger-Wright
Traditional Sunday Worship.....9:30 - 10:45 am
Contemporary Sunday Worship.....11:15 - 12:30 pm
Fellowship.....10:45 - 11:15 am
Sunday School.....9:30 - 10:30 am
Wednesday Night.....11:15 - 12:15 pm
Wednesday Night.....5:30 pm

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A group photo of church members.

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Hwy. 17 South, Waynesville, MO 65583
Pastor: Russell Smith
Church 573-433-6665
Church 573-774-5423
Transportation Available

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13270 Heaven Lane
(3 Miles from Road Ranger)
Pastor Yvette Ocasio
Monday prayer.....6:00 pm
Thursday Bible study.....7:00 pm
Sunday worship.....2:30 pm
Pastor: 573-855-1427 • 573-855-3161

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Jason Stevens, Pastor • 573-774-2022
www.waynesvillenazarene.org
25850 Rocky Mount Lane, Waynesville, MO 65583
Sunday Schedule of Services
Morning Worship.....9:30 am
Sunday School.....11:00 am
Choir Rehearsal.....5:00 pm
Evening Worship.....6:00 pm
Wednesday Schedule
Children's Ministries / Adult Bible Study.....7:00 pm
Located off I44, Exit 153 (HWY 17 & Buckhorn), turn North on HWY 17, go 5 miles, turn left on Rocky Mount Lane.

NON-DENOMINATIONAL
ROCK OF AGES CHURCH
"Full Gospel, Family-friendly, Multicultural"
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Wednesday Service.....7:00 pm
Sunday Service.....10:00 am
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577 OLD ROUTE 66 • 573-336-2336
P.O. BOX 637, ST. ROBERT, MO 65584
Sunday
Sunday School.....9:30 am
Worship.....11:00 am
Children's Church (Ages 5-12)
Wednesday
Family Bible Study.....7:00 pm
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414 S. Hwy 17, Crocker, MO • 573-736-5415
Pastor: The Reverend Steven Bomely
Sunday School.....10:00 am
Morning Worship.....11:00 am

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감리회칼vary교회 • Church • 573-336-7100
110 Susie Dr. St. Robert, MO 65584
Pastor: Young Dae Lee • 573-336-2293
Sunday Bible Study (English).....9:00 am
Sunday Morning Worship.....11:00 am
Sunday Evening Service.....7:00 pm
Wednesday Service (Korean/English).....7:00 pm
Friday Night Prayer.....9:00 pm
Saturday Youth Meeting.....2:00 pm
Monday-Friday (Early Morning Prayer).....6:00 am

INTERDENOMINATIONAL
GRACE COVENANT CHRISTIAN CENTER
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Judi Tillett, Pastor
Howard Malone, Associate Pastor
Call Church Office for Information - Phone 573-774-2541
25715 Hwy 17 Waynesville, I-44 Buckhorn Exit 153
Bus Ministry Available
Sunday Fellowship Breakfast.....9:15 am
Sunday Worship Service.....10:00 pm
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WHAT'S UP

To submit items for “What’s Up,” send the time, date, location, a brief description and contact information to **guidoncommunity@myguidon.com**. All announcements run on a space-available basis and current events take precedence over ongoing events. All announcements must be received by noon, Friday. You can also post items on the GUIDON’s Web-based community calendar at **myguidon.com**.



Today
Caleb Rowden Band “Lead Me to the Cross Tour,” 6 p.m., at Gerlach Field. Gates for this free concert open at 5 p.m. The concert will feature KC Wright from the Spirit FM morning show. For more information, call 596.6913 or go to **www.fortleonardwoodmwr.com**.

Veteran’s Affairs Benefits Briefings, 8 a.m. to noon, in Room 6, Truman Education Center.

Saturday and Sunday Kickapoo Trace Muzzleloaders Old Settlers Day Rendezvous at the Waynesville City Park. Early set-up is scheduled for July 24 and 25. There is a camp fee of \$10 and a trader’s fee of \$20. Wood and water are available, and there will be a camp potluck supper and pig roast at 6 p.m., July 26. For more information, call Andy Baker at 636.578.2199; Gary Secrest at 573.528.3018 or Mike Jones at 336.4170.

Tuesday through July 31 PACE, an early-childhood

education program for children ages 3-5 is scheduled to hold a screening session July 29-31. Parents can register their children for a screening appointment by calling Partridge Elementary at 329.5888. Another screening will be held in August for children living off post.

Wednesday
The **Waynesville-St. Robert Chamber of Commerce’s** last day to purchase bricks for a veteran’s memorial to be placed in the upcoming Fort Leonard Wood Veteran’s cemetery is July 30. Bricks are \$50 each, and include your choice of inscription. There are still 162 bricks out of 500 available. Purchase your brick by visiting the chamber office in St. Robert, or call 336.5121 for more information.

Woodworks, a monthly community information meeting, 10 a.m. at the Stonegate Community Center. This month’s focus is Army Family Team Building. For more information, call 563.5788 or go to **www.wood.army.mil/exec**.

July 31
Army Career and Alumni Program Mini Job Fair, 9:30 a.m. to 2 p.m., at the National Guard Armory. More than 30 employers hiring for jobs nationwide and internationally will be available. For more information, call 596.0175 or e-mail **acap.leonardwood@serco-na.com**.

July 31-Aug. 1
Child and Youth Services Book Fair, 8 a.m. to 5 p.m. in Bldg. 470. Items discounted up to 70 percent off retail. For more information, call 596.0209 or 596.0148.

Aug. 5
Breast Cancer Awareness Group Meeting, 5-6 p.m. at the Community Health Resource Center of the General Leonard Wood Army Community Hospital (Room 137). Barbara Welch will be speaking on the topic, “Body Image.” Use the main entrance or the emergency room entrance — all others will be locked. For more information, call 573.596.0491.

Aug. 7
A **Pressure Canning Class,** offered by the University of

Missouri Extension, 2 to 4 p.m., and again from 6 to 8 p.m., at the Waynesville Courthouse meeting room. Preregistration is required by Aug. 4. To register, or for more information, call the Pulaski County Extension Office at 774.6177.

Veteran’s Affairs Benefits Briefings, 8 a.m. to noon, in Room 6, Truman Education Center.

Aug. 14
Waynesville-St. Robert Chamber of Commerce, in partnership with the Houston, Lebanon and Rolla chambers of commerce, fourth annual **Operation Workforce Job Fair,** 11 a.m. to 3 p.m. at the St. Robert Community Center. For more information, call 336.5121.

Aug. 16
The **Pualski County Democrat Club** is scheduled to meet at Witmor Farms. For more information, call 336.1272 or e-mail **pulaskicountydems@yahoo.com**.

Back To School Carnival, from 11 a.m. to 6 p.m.at the Pulaski County Community Center. Admission is free, tickets for rides and games sold the day of the carnival for 50 cents each for \$5 for 12. There will be games, food, pony rides, bounce room, vendors and much more. Proceeds will go to the construction of a playground for area neighborhoods. For more information, contact Joseph Grumny at 855.7041 or Eddie Gipson at 336.1078.

Summer Fun Outreach Picnic, 3-7 p.m. at Colyer Park. There will be live music, free hot dogs, soda, ad popcorn, facepainting, games and more. Open to all military personnel. Participants are encouraged to bring lawn chairs, or picnic blanket. The event is sponsored by Christ’s Mission Church in St. Robert. For more information, call 336.2726.

Aug. 21
Veteran’s Affairs Benefits Briefings, 8 a.m. to noon, in Room 6, Truman Education Center.

Aug. 23
Forward Motion Christian Motorsports Association and Friends Community Picnic, 1 to 6 p.m., at the Waynesville Park. The

event is free, donations will be accepted.

Ongoing
Toastmasters Club 493, 11:35 a.m. to 12:30 p.m., Tuesdays, Room 20, Truman Education Center. The club is designed for those hoping to improve public speaking and presentation skills. For more information, go to **www.FLWtoastmasters.com**, or call Al Petru or Glen Werner at 596.0064.

TOPS Mo 223, a weight loss support group, meets Wednesdays, at 61 Young Street. Weigh-in is from 8 to 9 a.m. and the meeting is from 9:15 to 10:15 a.m. Call 336.5918 or 336.4858.

Women’s Equality Day Committee Meeting, 2 p.m., Tuesdays through Aug. 26 at the Bruce C. Clarke Library. For more information, contact the 1st Engineer Brigade equal opportunity adviser at 596.1486.

Fort Leonard Wood Federally Employed Women Chapter Brown Bag Lunch Workshops, 11:30 a.m. to 12:30 p.m., the last Wednesday of each month, at the Bruce C. Clarke Library. Call Jean Graves at 596.1753 or Jocelyn Morris at 563.5450.

Alcoholics Anonymous, noon to 1 p.m., Monday, Wednesday and Friday, in the basement of Lieber Heights Chapel. Monday meeting limited to AA members only. Call 417.234.1023 or 573.586.7054.

Alcoholics Anonymous Big Book Meeting, 7 p.m., Wednesdays, Specker Barracks Chapel. Call 417.234.1023 or 573.586.7054.

Fort Leonard Wood Lions Club, 11:30 a.m., second and fourth Tuesday, 45 Young Street. Call Harold Burleson at 528.1767.

Ozark Chapter of the Military Police, 5:30 p.m., every third Wednesday, at Stefano’s Restaurant. Call Sgt. 1st Class Mark Hillman at 563.7464.

Fort Leonard Wood Sergeant Audie Murphy Club, Sergeant Morales Chapter,

11:30 a.m., first and third Tuesday, 51 Young Street. Call Sgt. 1st Class Chuck Laird at 563.7463.

Blacks in Government, Southwest Missouri Chapter, 11:30 a.m., second Thursday, 43 Young Street. Call Don Reeves at 563.6134.

Marine Corps League, Detachment 1195, 6:30 p.m., first Thursday, Laquey Veterans of Foreign Wars. For more information, contact Al Fagan at 573.528.5116 or Martin Tootle at 573.528.7244.

Veterans of Foreign Wars Post 3168 and it’s ladies auxiliary 7 p.m., second Wednesday, at the post home in Laquey. For more information, call 573.765.3168.

Moms Out Kids In Bible Club, MOKI, 5 to 8 p.m., the last Saturday of each month in the old Pershing Elementary School. Open to children ages 5 to 12. To register, call 596.0089.

Maneuver Support Center Prayer Breakfast, 6:30 a.m., Thursdays, Room 1666, Lincoln Hall. Call Chap. (Maj.) David Ramsey at 563.8079.

The **Military Council of Catholic Women,** 9 a.m., Mondays, Building 590. Event includes fellowship, study and worship. Free childcare is available through the Child Development Center. Contact Karen Etter at 596.4906, or by e-mail at **karen.b.etter@us.army.mil**.

Protestant Women of the Chapel, 9 a.m., Tuesdays, at Pershing Elementary School. Free childcare is available through the Child Development Center. Call Robyn Crabtree at 329.3499; e-mail her at **crabpeople@msn.com**.

The **Tri-City Corvette Association,** 6 p.m., second Tuesday, Ryan’s Steakhouse. Call 528.2236, 512.1844 or e-mail **tricityvette@yahoo.com**.

The **Women’s Army Corps Veterans Association,** 7 p.m., third Tuesday at the Veterans of Foreign Wars Post 963. For more information, call 417.368.8278.

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CALENDAR

Thursday	Friday	Saturday/Sunday	Monday	Tuesday	Wednesday
<div>24</div> <div>8:30 - 10:30 a.m. Overseas Orientation - Hawaii, ACS. ▼ 2-3:30 p.m. Overseas Orientation - Hawaii, ACS. ▼ 5-7 p.m. Happy Hour, Black Jack Lounge, PCC. ▲ 5-7 p.m. Happy Hour, Morelli Heights Bar and Grill. 6 p.m. Caleb Rowden Band, Lead Me to the Cross Tour, Gerlach Field.</div>	<div>25</div> <div>4:30 p.m. Yoga, DFC. ■ 5-7 p.m. Happy Hour, Morelli Heights Bar and Grill. 6 p.m. Free MWR Family Movie, Abram's Theater. 10 p.m. Extreme Bowling, DBC. *</div>	<div>26</div> <div>11:30 a.m. Free MWR Family Movie, Abram's Theater. 6-8 p.m. Happy Hour, Black Jack Lounge, PCC. ▲ 6-8 p.m. Happy Hour, Morelli Heights Bar and Grill. 10 p.m. Extreme Bowling, DBC. *</div> <div>27</div>	<div>28</div> <div>9 a.m. H2O, DFC. ■ 10-11 a.m. Play Morning, ACS. ▼ 11:30 a.m. - 1 p.m. Parenting From the Heart, ACS. ▼</div> <div></div>	<div>29</div> <div>9 a.m. Baby Bundles of Joy, ACS. ▼ 10:30 a.m. Toddler story time, BCCL. * 5-7 p.m. Happy Hour, Black Jack Lounge, PCC. ▲ 5-7 p.m. Happy Hour, Morelli Heights Bar and Grill.</div>	<div>30</div> <div>9-10 a.m. Army Volunteer Corps Advisory Council Training, ACS. ▼ 10 a.m.-Noon Tour de Fort, ACS. ▼ 12:30 p.m. Preschool story time, BCCL. * 1-2 p.m. Spouse Support Group, ACS. ▼ 5-7 p.m. Happy Hour, Black Jack Lounge, PCC. ▲ 5-7 p.m. Happy Hour, Morelli Heights Bar and Grill. 5-8 p.m. Army Family Team Building, Level I, ACS. ▼</div>
<div>31</div> <div>8 a.m. - 5 p.m. Book Fair, Bldg. 470. 8:30 - 10:30 a.m. Overseas Orientation ACS. ▼ 2-3:30 p.m. Overseas Orientation ACS. ▼ 5-7 p.m. Happy Hour, Black Jack Lounge, PCC. ▲ 5-7 p.m. Happy Hour, Morelli Heights Bar and Grill.</div>	<div>1</div> <div>8 a.m. - 5 p.m. Book Fair, Bldg. 470. 4:30 p.m. Yoga, DFC. ■ 5-7 p.m. Happy Hour, Morelli Heights Bar and Grill. 5:30 p.m. Texas Hold'em Hawaiiin Style, PCC. ▲ 6 p.m. Free MWR Family Movie, Abram's Theater. 10 p.m. Extreme Bowling, DBC. *</div>	<div>2</div> <div>9 a.m. H2O, DFC. ■ 11:30 a.m. Free MWR Family Movie, Abram's Theater. 6-8 p.m. Happy Hour, Black Jack Lounge, PCC. ▲ 6-8 p.m. Happy Hour, Morelli Heights Bar and Grill. 10 p.m. Extreme Bowling, DBC. *</div> <div>3</div>	<div>4</div> <div>8:45 a.m. Fall Into Fitness, DFC. ■ 9 a.m. H2O, DFC. ■ 10-11 a.m. Play Morning, ACS. ▼ 11:30 a.m. - 1 p.m. Parenting From the Heart, ACS. ▼</div>	<div>5</div> <div>9 a.m. Baby Bundles of Joy, ACS. ▼ 10:30 a.m. Toddler story time, BCCL. * 5-7 p.m. Happy Hour, Black Jack Lounge, PCC. ▲ 5-7 p.m. Happy Hour, Morelli Heights Bar and Grill.</div>	<div>6</div> <div>10 a.m.-Noon Tour de Fort, ACS. ▼ 12:30 p.m. Preschool story time, BCCL. * 1-2 p.m. Spouse Support Group, ACS. ▼ 5-7 p.m. Happy Hour, Black Jack Lounge, PCC. ▲ 5-7 p.m. Happy Hour, Morelli Heights Bar and Grill.</div>

AMCC◆ is Audie Murphy's Community Center — 329.2455. DBC* is Daugherty Bowling Center — 596.1498. HND◆ is House Next Door — 329.4616.

PCC▲ is Pershing Community Center — 329.6500. DFC■ is Davidson Fitness Center — 596.4359. ACS▼ is Army Community Service. BCCL * is the Bruce C. Clarke Library.

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Delaware ratifies Military Education Compact

Legislation matches that of Missouri, 10 other military states

By Lt. Col. Len Gratterri
Army News Service

DOVER, Del. — Delaware Gov. Ruth Ann Minner signed House Bill 297 Thursday, making Delaware the tenth state to ratify the “Compact on Education Transition for Military Children.” Adoption of the compact in 10 states was needed to make it operational.

“It is certainly gratifying to witness this most momentous occasion, as Delaware becomes the all-important tenth state to approve the compact and making its vision a reality,” said Leslye Arsht, deputy undersecretary of defense for military community and family policy, at the bill-signing ceremony in Dover.

The compact was developed by the Council of State Governments, education and military family experts and the Department of Defense

to address common problems active-duty members encounter as they change assignments.

“This compact will facilitate a smoother transition, from state to state and school to school, by lifting a tremendous burden from our military families and greatly enhancing the quality of their lives,” Arsht said.

Compact commissioners from Arizona, Colorado, Connecticut, Delaware, Florida, Kentucky, Michigan, Missouri and Oklahoma will now meet to establish an Interstate Commission. The commission will work to create uniform standards of practice regarding education requirements the member states will follow.

“I have been waiting for this bill for 20 years,” said Col. Steven Harrison, 436th Airlift Wing commander at Dover Air Force Base, Del. “In my 20-year career we’ve moved 12 times, my daughters went to three separate high schools, and it was always a tremendous challenge.

“This is exactly what we need,” he said, in reference to the compact.

The Interstate Commission will work to reconcile the variations in graduation requirements, course content, student assessment and eligibility for extra-curricular activities. These standards should allow military children to easily transfer schools between member states.

“This gives my daughter a chance to focus on her AP classes and preparing for college, instead of repeating various classes because of the difference in school curriculum,” said Master Sgt. Juanita Thomas, 436th Operations Support Squadron first sergeant.

The rules established by the Interstate Commission to ease the transition of military children will only apply to those states that have signed on to the compact. The North Carolina legislature has approved the compact, which is currently awaiting the governor’s signature, while 10 other state legislatures are considering the compact.

“This bill sends the message that we in Delaware take care of our military,” said Maj. Gen. Frank Vavala, Delaware National Guard adjutant general.

“Not just the men and women of our Delaware National Guard, but all of those who serve in the First State. Our active-duty component and counterparts certainly deserve this legislation,” he said.

(Editor’s note: Gratterri writes for the Delaware National Guard. Second Lt. Brian Maguire contributed to this story and serves with the 436th Airlift Wing Public Affairs Office at Dover Air Force Base, Del.)

Team

From Page B1

of the AFTB program.

“As a young Army Spouse, I was clueless as to Army terms, times and just Army life in general, Griffin said. “If I was going to be a good Army spouse, I needed to know and understand the world around me, and to learn how to grow and function in that world. That’s why I took AFTB in the first place.”

At the July Woodworks meeting, scheduled for 10 a.m., Wednesday, at the Stonegate Community Center, community members will have the opportunity to sign up for AFTB classes and meet some of the instructors. The monthly meeting is designed to keep community members informed, and this month’s focus will be on AFTB.

Jean Graves, who helps organize the Woodworks meeting, thinks getting the word out about AFTB would greatly benefit the community.

“Personally AFTB has been a wonderful way to meet new friends and to connect with other military spouses at Fort Leonard Wood,” Graves said. “I also love how AFTB allows me to take care of Soldiers — by empowering their Family members through AFTB level training,”

Krista Morrison, an Army spouse who has participated in the program, said AFTB has given her confidence.

“Now I want other military spouses to feel the same empowered feeling that I feel,” she said.

For more information on AFTB, call 596.0212. For more information about Woodworks, call 563.5788.

Dogs

From Page B1

to spend time with a dog.

“Little kids sometimes want a dog, but can’t have one, so it gives them the opportunity to be around one.”

Kat Haefner, director of the children’s program at the library, said she hopes the visit will also help children see dogs in a different light.

“I think this will give children a chance to see that dogs can play an important role in society,” Haefner said. “They can do more than be a pet; they have the ability to do good things for people. This (visit) will give them a chance to see dogs from a different perspective — maybe not just as man’s best friend.”



Kelly Howley explains to children about therapy dogs and how the dogs are excited to see them.



Courtesy photo

Sign dedication

Community members and representatives from each service gather to cut the yellow ribbon on a newly installed Yellow Ribbon Sign, near the main gate Friday. Organizers said the sign is a “tangible symbol of support to our warriors in the fight” and “a constant reminder of all who live, work and play here ... that we’re a nation at war and that Fort Leonard Wood is a yellow ribbon community.”

BIRTH ANNOUNCEMENTS

The following birth announcements were provided by the General Leonard Wood Army Community Hospital.

❑ Boy, Jayden Alexander Adkins, 5 pounds, 5 ounces, 18 inches, was born July 11 to Kevin and Spc. Erin Adkins.

❑ Girl, Khloe Nina Andrike, 7 pounds, 15 ounces, 20.5 inches, was born July 15 to Staff Sgt. Arthur and Ginger Andrike.

Scholar

From Page B1

scholarships. The general public has the opportunity to donate to the program through the military scholar Web site.

(Editor’s Note: Recipients announced at <http://www.militaryscholar.org> are preliminary and are contingent upon determination of military dependency status by the scholarship evaluation firm. Students to whom this may apply have already been contacted. If it is determined that a student is ineligible to receive a scholarship, or there is a change in a recipient’s educational status (for example: the student decides not to



Courtesy graphic

Commissaries award scholarships to students nationwide each year.

attend college), a new recipient will be named.)

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IN THE WORKS

Waynesville schools release information for new year

The first day of school for local students is Aug. 18 and the Waynesville R-VI School District has distributed information for local families. Aug. 4 and 5 is scheduled to be enrollment dates for new families moving into the area. Students in grades kindergarten through twelve who live in the school district boundaries — including housing on Fort Leonard Wood — should enroll in the building assigned for their residence location. All school offices will be open daily, beginning Aug. 1, from 8 a.m. to 4 p.m. Kindergarten screening will be offered in August before the start of school — check with your local school for dates. Upon enrolling students should bring the following:

- ☐ A registered birth certificate.
- ☐ Proof of a comprehensive vision exam performed by an optometrist of physician (for new kindergarten and first grade students).
- ☐ Shot record.
- ☐ Last grade card (if applicable).
- ☐ A transfer sheet (if provided).
- ☐ Any information available from previous schools.

Students who attended any of the Waynesville Schools in May of 2008 have already pre-enrolled. If

your address, phone number or emergency contact has changed since last year, you should call the school each student attends after Aug. 5 to update your information to ensure that each student will have the proper bus assignment/card.

Kindergarten, first grade requirements

According to Missouri law a child is eligible for admission to kindergarten if the child reached the age of 5 before the first day of August 2008 or if the child is a military dependent who has successfully completed a accredited pre-kindergarten program or has attended a state accredited kindergarten program in another state.

To be eligible to enter the first grade, children must reach the age of 6 prior to Aug. 1, 2008, or if the child is a military dependent who has successfully completed a state accredited kindergarten program in another state.

Any child who successfully completed kindergarten in an out-of-state school accredited by the state or a Missouri accredited urban or metropolitan school will meet age requirements for entrance into grade one.

School, sports physicals

Students who are entering the



Courtesy photo

The Waynesville R-VI School District is gearing up for the new school year. School starts on Aug. 18 for local children.

district for the first time are requested to submit a recent physical examination prior to entrance into school.

A duly licensed medical practitioner should have completed a physical examination within the last 12 months.

Physical exams forms are on the district's Web site, as well as at the Fort Leonard Wood General Army Community Hospital, local doctors' offices and individual schools.

Students should have a school physical every fourth year after enrollment.

Students playing sports will use the same physical form as used by students entering school for the first time. If you student will be playing sports during the upcoming year, he/she must have a physical dated after Feb. 1, 2008 on file at the school athletics office before the first day of practice.

Sports participation fee

An annual athletic participation fee of \$25 will be charged for the 2008-2009 school year. If a family has more than one child participating the following fee schedule will apply: \$25 for the first child, \$15 for the second child, \$10 each for each additional child.

This fee will be used to help offset expenses in all areas of the overall athletic program. This fee must be paid before the first game, match or contest.

Students will not be permitted to participate in a game, match or contest until the participation fee has been paid.

The fee should be paid by a check or money order payable to: Waynesville Athletics Department.

If a student is injured and, therefore, excluded from participation for the season prior to the first scheduled contest, the participation fee will be refunded.

After the first contest is played, no money will be refunded. The participation fee will not be returned if a participant quits or does not finish the season.

If a tryout policy is instituted for team members by the coaching staff, any participant not making the beginning season roster will have his/her participation money refunded.

New Army parents to get more time at home

Army News Service

WASHINGTON — Military mothers of newborns, and certain Army parents adopting a child, will be able to stay home longer before deploying or serving overseas, starting Aug. 1.

The new policy will lengthen deferments from four to six months for new mothers before being deployed, assigned to a dependent-restricted overseas tour, an accompanied overseas tour where concurrent travel is denied or temporary duty away from their home station.

The expanded program also applies to military couples who adopt a child - either the mother or the father - following the date the child is placed in their home as part of the formal adoption process. It is up to the couple which of them takes advantage of the new policy change, officials said.

They said single mothers or single fathers adopting a child are also eligible for the program. "The office of the surgeon general did a review and brought it to our attention, and so the decision was made that this would be good for the Army because we recognize that that the period of time after birth is important for the bonding of the mother and child," said Lt. Col. Gerald Conway, chief of distribution and readiness in the Office of the Deputy Chief of Staff for Personnel. "More time was preferred than the current Army policy, which was four months, and so the decision was

made to extend it to six months."

Soldiers with deferments ending prior to Aug. 1 will complete their four-month deferment but, commanders are encouraged to give Soldiers six months if operationally feasible, Conway said.

Soldiers who are under deferments as of Aug. 1 will be eligible for the extended six-month policy, unless waived by the individual Soldier concerned. The policy change coincides with the Army's return to a twelve-month deployment policy, according to Conway, and is part of the Army's effort to reset and rebalance the force.

The extension of this deferment period brings the Army in line with the Marine Corps at six months. The Air Force is four months and the Navy is 12 months.

"This is all part of emphasizing the importance of family, rebalancing the force, getting back to some predictability, stability for Soldiers and families," Conway said.

"This is the Army's recognition that Family is the foundation of our fighting force," he continued. "We recruit Soldiers, we retain families. There's been some discussion about this for awhile and I think Soldiers will view this positively just because it gives them more time. I just look at my own experiences when we had our children, I think it will be viewed very positively, just to give them more time to recover and recognizing the importance of family."



Photo by Martin Greeson

Spc. Adam Darrah holds his daughter, after returning to Darmstadt, Germany, from a yearlong deployment in Iraq. Starting Aug. 1, new mothers and certain parents of adopted children will be able to defer deployments for up to six months.

Sugar alcohol: Not a new mixed drink

By Maj. Karen Fauber
DeCA News Service

FORT LEE, Va. — When reaching for a sugar-free treat this summer you might see that there is sorbitol or another sugar alcohol in it.

This alcohol will not give you the buzz you get from drinking your favorite beer or a mixed drink, but if you eat foods containing one or more sugar alcohols it can affect you - especially if you have diabetes.

Sugar alcohols are often used as sweeteners or fillers in food. They are made from carbohydrates such as sucrose, glucose and starch, and are often used in reduced-calorie foods.

Commonly used sugar alcohols include sorbitol, glycerol or glycerin, mannitol, xylitol, maltitol syrup, erythritol, isomalt and hydrogenated starch hydrolysates. You can also find small amounts naturally in fruits and vegetables. If you use a sugar-free toothpaste or mouthwash, you will probably find a sugar alcohol or two on the label.

When you eat a food with sugar alcohol in it, your body does not have to use much insulin, if any, to change the food into energy, therefore it doesn't affect your blood-sugar level very much. So this is really good news for those with diabetes. However, this isn't a green light to eat all you want of foods with sugar alcohols as they can cause intestinal discomfort and gas.

The American Dietetic Association advises that eating more than 50 grams of sorbitol or more than 20 grams of mannitol may cause diarrhea. So if you are eating quite a few of the sugar-free cookies in hopes of saving a few calories or chewing several pieces of sugar-free gum with sorbitol in a day and getting a stomach ache, this might explain it.

Read the label

It is generally recommended that those with diabetes count half the grams of sugar alcohol in a food as carbohydrates, as about half of it is digested. It requires a little math that can help pay off with managing blood-sugar levels.

☐ Count it as a free food if all the carbohydrate in a food is from sugar alcohol only and equals less than 10 grams per serving.

☐ For all other foods, divide the grams of sugar alcohol by two and subtract it from the total grams carbohydrate per serving. For example: A bar has 35 grams carbohydrate and 20 grams sugar alcohol. Divide the 20 by 2 which equals 10 grams carbohydrate. Then subtract the 10 grams from the 35 grams to equal 25 grams carbohydrate.

With a little practice you will find it easy to figure out how much carbohydrate is really in those sugar-free or reduced-sugar foods.

(Editor's note: Fauber is the DeCA dietitian.)

Alzheimer's research brings progress, setback

Studies show need for more research

By Steven Reinberg
Gannett News Service

It's one step forward, one step back in the search for treatments against Alzheimer's disease.

In one of two studies in the July 19 issue of The Lancet, an older drug called dimebon significantly improved Alzheimer's symptoms. But in a second report, a once-promising vaccine failed to prevent the progression of Alzheimer's — even though it cleared dementia-linked amyloid plaques in the brain.

This week's issue of the journal is devoted to research into the causes and treatment of dementia, including Alzheimer's disease. According to the U.S. National Institutes of Health, an estimated 4.5 million Americans have Alzheimer's disease, which is thought to affect one in 20 people between the ages of 65 and 74. The estimated rate goes up to nearly half of those aged 85 and older.

In one study, British researchers led by Dr. Clive Holmes, from the Memory Assessment and Research Centre at Moorgreen Hospital in Southampton, analyzed data on 80 Alzheimer's patients who were treated with an experimental vaccine that for now is dubbed AN1792.

The vaccine is targeted at the removal of amyloid protein plaques that clump around brain cells in increasing numbers as Alzheimer's progresses.

The theory was that dementia could be slowed or reversed once the plaques were cleared, and experiments in animals have shown that

removing these plaques improves brain function.

Indeed, long-term follow-up of Alzheimer's patients treated with AN1792 did show, "a reduction in the number of plaques in the brains of patients — in some cases there was a virtually complete removal of plaques," Holmes said.

But there was a catch. "Crucially, there was no evidence that the patients benefited by the removal of plaques and even those subjects with virtually complete removal continued to deteriorate and had severe end-stage dementia prior to their death," Holmes said.

Based on these results, the researcher now believes that removing plaques - at least by this method - is unlikely to make a significant difference to the clinical outcome of patients with established Alzheimer's disease. "In addition, it strongly suggests that plaques are not sufficient on their own to account "for disease progression," Holmes said.

Based on the findings, novel strategies for the treatment of Alzheimer's disease should not focus on the removal of plaques in patients with established Alzheimer's, Holmes contends.

"Treatments should move towards preventing plaques from building up in the first place," he said. "Or in established Alzheimer's disease, treatments should focus more on non-plaque therapies."

Dr. Sam Gandy, chairman of the Alzheimer's Association's National Medical and Scientific Advisory Council, said the new finding suggests that other forces besides plaque build-up are driving disease progression.

"If you don't start with your vaccine until you are at a later stage of disease and other processes are already established, the horse may be

ON THE WEB

www.alz.org

The Alzheimer's Association, has more information on Alzheimer's disease.

already out of the barn," Gandy said. "It is possible that amyloid is like a match lighting a fire and once the fire is out of control, dealing with the match isn't that effective."

But there was better news in a second study. In that work, Dr. Rachelle S. Doody, a professor of neurology at the Alzheimer's Disease and Memory Disorders Center at Baylor College of Medicine in Houston, and her colleagues studied the effects of the drug dimebon on 183 patients in Russia with mild to moderate Alzheimer's disease. The drug is currently not marketed anywhere, and was previously used in Russia as an antihistamine.

"This is a medication that has not previously been studied in Alzheimer's disease," Doody said. In the trial, patients were randomly assigned to 20 milligrams of dimebon three times a day, or a placebo.

After six months, Doody's team found that patients on dimebon had significant improvement in cognitive ability, compared with those receiving placebo.

"We found treated patients were improved in their thinking abilities, their behavioral symptoms and their daily skills abilities, compared to people who took placebo," she said.

The patients were evaluated using ADAS-cog, a battery of tests that assesses a person's ability to track

dates, comprehend instructions, follow commands, memorize word lists, and complete simple tasks such as copying drawings or addressing an envelope.

At six months, patients receiving dimebon showed an improvement of 1.9 points on the ADAS-cog scale from the beginning of the study, while those on placebo continued to decline. After a year, those receiving dimebon showed a 6.9 point increase on the ADAS-cog scale, the researchers report.

"This first trial was promising," Doody said. "This is not a cure for Alzheimer's disease, but the benefits could last for a long time. The drug appears to slow the clinical progression of the disease."

The study was done in Russia because dimebon had been approved there as an antihistamine. Dimebon is made by the San Francisco-based biopharmaceutical company Medivation. Doody is on the Scientific and Clinical Advisory Board of Medivation and has stock options in the company.

Another phase III trial has just started, Doody said. This six-month trial is being conducted in the United States, Europe and South America and is now in the process of recruiting several hundred patients, she noted.

"We are anxiously awaiting the completion of the next study, so that we can see if this drug could potentially be approved for treating Alzheimer's patients," Doody said.

Gandy said the drug does appear to be superior to the currently approved medicines for Alzheimer's.

"This is the first new promising symptomatic therapy in a long time," Gandy said. "This drug could potentially add to the effects of other drugs such as Aricept, Namenda and Exelon," he said. "I think it's a pretty exciting development."

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a safe level.
The band saved
my life"*



Douglas
U.S. Army, Retired



Vikki lost
105
pounds!

Find out if you qualify
for long-term weight
loss with the adjustable
gastric band.

Act Today!



* See website for complete details.

Weight Loss Surgical Center is a Veteran-Owned Business!